

## AROMATHERAPY CUSTOMIZATION QUESTIONNAIRE

CLIENT INFORMATION	KNOWN SENSITIVITY	AROMATHERAPY FORM
Name:	Are you allergic, or have had a reaction to any essential oils in the past? Please list _____ _____ _____	<i>For Therapist Use Only</i>  Massage  Hydrotherapy  Diffuser
Address:		
City: State: Zip:		
Home Ph: Work Ph:		
M/F: Fax:		
DOB:		

HEALTH STATUS	PERSONALITY PROFILE - Circle one answer for each question.
Allergies Yes No	1. I am often told by others that I am:
Cancer Yes No	a) A Leader b) Creative c) Popular d) Psychic
Depression Yes No	2. At work, I find that I am very good at:
Diabetes Yes No	a) Problem-solving b) Attention to detail c) Administration d) Motivating others
Epilepsy Yes No	3. Controversy, I:
Fibrosis Yes No	a) Avoid it b) Start it c) Resolve it d) Am the victim of it
Heart Disorders Yes No	4. In my leisure time I prefer to:
High Blood Pressure Yes No	a) Play sports b) Dine with friends c) Rest/Relax d) Daydream
Hypoglycemia Yes No	5. I am:
Kidney Disorders Yes No	a) Jovial b) Analytical c) Independent d) Patient
Low Blood Pressure Yes No	6. I am secretly:
Nursing Mother Yes No	a) Insecure b) Envious c) Self-critical d) Misunderstood
Pregnancy Yes No	e) Stubborn f) Unmotivated g) Self-centered
Sensitive Skin Yes No	

PHYSICAL CONDITIONS - What Physical condition do you feel vulnerable to and would you like to focus on? (circle one)					
Abdominal Pain	Cellulite	Earache	Infection	Neuralgia	Sinus Disorders
Abrasions	Chapped Skin	Eczema	Inflammation	Obesity	Sore Throat
Acne	Chills	Edema	Jaundice	Oily Skin	Stomach Ache
Age Spots	Cirrhosis	Fever	Joint Pain	Pain	Sunburn
Allergies	Cold	Fibroids	Kidney Disorders	Palpitations	Swollen Glands
Anemia	Colic	Flu	Laryngitis	Pimples	Thyroid Disorder
Arthritis	Congestion	Gastritis	Liver Disorders	Pneumonia	Tonsillitis
Asthma	Constipation	Gout	Lung Disorders	Poor Circulation	Urinary Infection
Baldness	Cough	Hangover	Menopause	Psoriasis	Varicose Veins
Bladder Infection	Dandruff	Hay Fever	Menstrual Cramps	Respiratory Disorders	Virus
Blisters	Dermatitis	Headache	Migraine	Rheumatism	Water Retention
Bronchitis	Dry Skin	High Blood Pressure	Mumps	Sciatica	Whooping Cough
Bruise	Dull Hair	Hormonal Imbalance	Muscle Aches	Sclerosis	Wounds
Burn	Dyspepsia	Indigestion	Nausea	Scrofula	Wrinkles

EMOTIONAL CONDITIONS	SPIRITUAL CONDITIONS	FOCUS CONDITION
Specifically what Emotional condition would you like to address? (circle one)	Specifically what Spiritual state are you trying to attain? (circle one)	Review the three conditions - physical, emotional and spiritual - that you have chosen. Which one is of primary importance? (circle one)
Anger	Aphrodisiac	Physical
Anxiety	Balancing	
Delirium	Calming	
Depression	Centering	Emotional
Dull Senses	Clarifying	
Fatigue	Grounding	Spiritual
Frustration		
Grief		
Hypertension		

IMPORTANT: This questionnaire is not intended to diagnose or treat any medical or emotional condition, and is in no way intended to replace or supplement medical advice. If you have a concern about a medical or emotional condition seek the advice of a qualified medical doctor.

Table A

**Basil, Sweet**

Ocimum basilicum  
Lamiaceae (Labiatae)

Synonyms	Common Basil, European Basil, French Basil, Joy-of-the-Mountain, St. Josephwort
Description	1-3" high, annual, bushy plant with leaves that are deep green on top and grayish-green on their underside and small, whitish flowers.
Geographic	Egypt, China, France, India, Iraq, Madagascar, Mexico, Panama, Turkey, USA
Properties	Anti-Inflammatory, Antiseptic, Antispasmodic, Aphrodisiac, Aromatic, Carminative, Demulcent, Diaphoretic, Diuretic, Emmenagogue, Expectorant, Febrifuge, Narcotic, Nervine, Stimulant, Stomachic, Tonic
Parts Used	Flowers
Extraction	Steam Distillation
Oil Color	Brownish-Yellow
Oil Smell	Licorice-like
Precautions	Cancer, Epilepsy, High Blood Pressure, Pregnancy
Toxicity	Moderate
Physical	Anemia, Arthritis, Asthma, Baldness, Bronchitis, Cold, Constipation, Dyspepsia, Fever, Flu, Gout, Hangover, Headache, High Blood Pressure, Indigestion, Inflammation, Insect Bites, Jaundice, Joint Pain, Laryngitis, Menstrual Cramps, Migraine, Mumps, Muscle Aches, Nausea, Neuralgia, Poor Circulation, Rheumatism, Sclerosis, Scrofula, Sinus Complaints, Stomach Ache, Water Retention
Emotional	Anxiety, Delirium, Depression, Dulled Senses, Fatigue, Fear, Insomnia, Lack of Concentration, Melancholy, Nervous Tension, Poor Memory, Restlessness, Shock, Stress, Trauma
Spiritual	Harmonizing, Stimulating, Uplifting

Table B